[illegible]		
I. [illegible]		
[illegible]	[illegible]	[illegible]
	yçSpE¬L ¶jST‰L I	
[illegible]		
[illegible] /[illegible]	[illegible]	[illegible]
		01 03 21
[illegible]		
II. [illegible]		

2.1. [illegible]-

- xgLGlÖT l¥GßT wd tÌÑ l¸m-# ¬µ¸ãC µRD b¥WÈT½ wd MRm‰ KFL bm§KÂ mr©cWN bxGÆbù b¥d‰jT tgbþWN xgLGlÖT XNÄþÃgßù DUF ¥DrG nW[illegible]

2.2. [illegible]

W-@T 1” y¬µ¸ãCN µRD wdMRm‰ KFL m§K# yHKMÂ µRÌCN/mr©ãCN ¥d ‰jT#

- ytm§§> wYM qdM s!L yHKMÂ xgLGlÖT xGŸtW ynb„ ¬µ¸ãCN µRD b¥WÈT wd MRm‰ KFL YLµL½
- kyKFlù y¸mlsù yHKMÂ µRÌC bï¬cW b_NÝq½ YmLúL#
- tŸtW XNÄ!¬kÑ ytdrg# HÑ¥ñCN yHKMÂÂ yxD¸>N µRÌCN bmS‰T wd¸tßùbT KFL YLµL#
- lMRMR bÆlÑÃãC y¸flgùTN yHÑ¥N µRÌC xSfRä YsÈL# tk¬TlÖ ÃSmLúL#
- L† _b” y¸ÃSfLUcWN yHÑ¥N mr©ãC ¼µRÌC¼ b_N”q& YY²L½
- yHÑ¥NN µRÌCN [illegible]
- Ãr°Â ytqdÇ µRÌCN bmlyT ÃDúL#
- y¸Nqúqs#½ bkðL y¸Nqúqs#Â XÂ y¥YNqúqs# yHÑ¥N mr©ãC¼ ¶kRÌC¼ YlÃL½
- yo‰ KNWN ¶±RT ÃqRÆL#

III. [illegible]

3.1. □□□ □□□□□□□□

- |‰W y¬µ¸ãCN µRD b¥WÈT wd MRm‰ KFL m§K# tŸtW XNÄ!¬kÑ ytdrg# HÑ¥ñCN wd¸tßùbT KFL m§K# yHÑ¥N µRìCN □□□□□□ □□□ □□□ □□□ □□□□□□□ □□□□□□□□□ □□□□□□ Ãr°Â ytqdÇ µRìCN bmlyT ¥dS# y¸Nqúqs#½ bkðL y¸Nqúqs#Â y¥YNqúqs# yHÑ¥N mr©ãC ¼¶kRìC¼ mlyT ÂcWÝÝ b|‰ KNWN wQT y¬µ¸ãC mr©ã¼¶kRìC¼ bxGÆb# tàLè xlmQrB ¿ m_ÍT #mqdD XÂ ¥rj s!çN mr©ãCN bxGÆb# bwQt$ b¥d‰jTÂ dUGä bmflG½ Ãr°Â ytqdÇ µRìCN b_N"q& bmÃZ XÂ L† KTT b¥DrG y¸¬ds#bT h#n@¬ bmF-R CG„ Yf¬LÝÝ

3.2. □□□ □□ □□□□

3.2.1. □□□ □□□□□□□□□ □□□□

- |‰W bQRB `§□□ □¸s-W ZRZR mm¶Ã msrT YkÂwÂLÝÝ

3.2.2. □□□ □□□□□□□ □□□□□□□ □□□ □□□

- |‰W bts- mm¶Ã msrT bTKKL mkÂwn#N kQRB `§ðW □QRB DUF XÂ KTTL YdrGb¬LÝÝ

3.3.□□□□□□□

3.3.1. □□□□□□□ □□□ □□□

- |‰W y¬µ¸ãCN µRD b¥WÈT wd HKMÂÂ MRm‰ KFL m§K# tŸtW XNÄ!¬kÑ ytdrg# HÑ¥ñCN wd¸tßùbT KFL m§K# yHÑ¥N µRìCN □□□□□□ □□□ □□□ □□□ □□□□□□Â □□□□□□□□□ □□□□□ s!çN YH bxGÆb# ÆYkÂwN bS‰ KFl#Â bl@lÖC |‰ KFlÖC §Y y|‰ ¥StÙ¯LN Yf_‰LÝÝ

3.3.2. □□□□□□□ □□□□□□□ □□□□

- yHÑ¥NN µRD wYM mr© b¸S_R mÃZ ÃlbT s!çN ¸S_„ b!ÆKN □□□ □□□□ □□□□ □□ □□□□□□□□ □□□□□□ □□□□□□□□ □□□ □□□ □□□□ □□□□□□□□ □□□□□□□□

3.4. □□□

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3.5. □□□ □□□□□□/work communication/

3.5.1. □□□□□□□ □□□□□□ □□□□

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3.5.2. □□□□□□□ □□□□/□□□□□□□□□

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[illegible] [illegible] [illegible] [illegible] [illegible]

3.5.3. [illegible] [illegible]

- [illegible] 70 [illegible] [illegible] [illegible] [illegible] [illegible]

3.6. [illegible]

3.6.1. [illegible] [illegible] [illegible]

3.6.1.1. [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible]

3.6.1.2. [illegible] [illegible] [illegible] [illegible]

- [illegible]

3.6.2. [illegible] [illegible]

- [illegible]

3.6.3. [illegible] [illegible]

- [illegible]

3.7. [illegible]

3.7.1 [illegible] [illegible]

- |‰W yHÑ¥N µRìCN [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] Ãr°Â ytqdÇ µRìCN bmlyT ¥dS# y¸Nqúqs#½ bkðL y¸Nqúqs#Â y¥YNqúqs# yHÑ¥N mr©ãC¼ ¶kRìCN mlyT k|‰ g!z@ 20 bmè yxXMé _rTN Y-Y”LÝÝ

3.7.2. [illegible] [illegible]**/Emotional effort/**

- [illegible] bµRìC m_ÍT MKNÃT y¸ÃU_M +NqT½ ktgLU×C [illegible] [illegible] y¸snz„ x§Sf§gþ Ý§èCNÂ +Q+öCN[illegible] [illegible] [illegible] tÌq$ä bTXGST mS‰TN [illegible]

3.7.3. [illegible] [illegible]

- [illegible] 25 [illegible] [illegible] [illegible] [illegible]

3.7.4. [illegible] [illegible]

- [illegible] 30 [illegible] [illegible] 30 [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] [illegible]

3.8. [illegible] [illegible]

3.8.1. □□□□□ □□□□

- |‰W kF¬ bmWÈTÂ bmWrD b¸kÂwNbT g!z@ kms§L ymWdQÂ ymsbR xdU l!dRS YC§LÝÝ

3.8.2. □□□□ □□□□□ □□□□

- □□□□ y¸Nqúqs#½ bkðL y¸Nqúqs#Â XÂ y¥YNqúqs# yHÑ¥N mr©ãC □□□□□ □□□□□ □□□□□□□ □□□□ □□□□ □□□□□□ □□□□□□ □□□□□ □□□□□ □□□□ □□ □□□□□□□ □□□□□ □□ □□□□□ □□□□ □□□□□ □□□□□□□ □□□□□□

3.9. □□□□□□ □□□□□□

3.9.1. □□□□□□□□

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3.9.2 □□□□□ □□□□□□ □□□□□□□□ □□□□ □□□□

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